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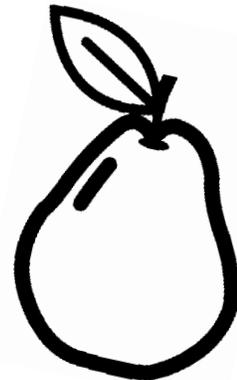
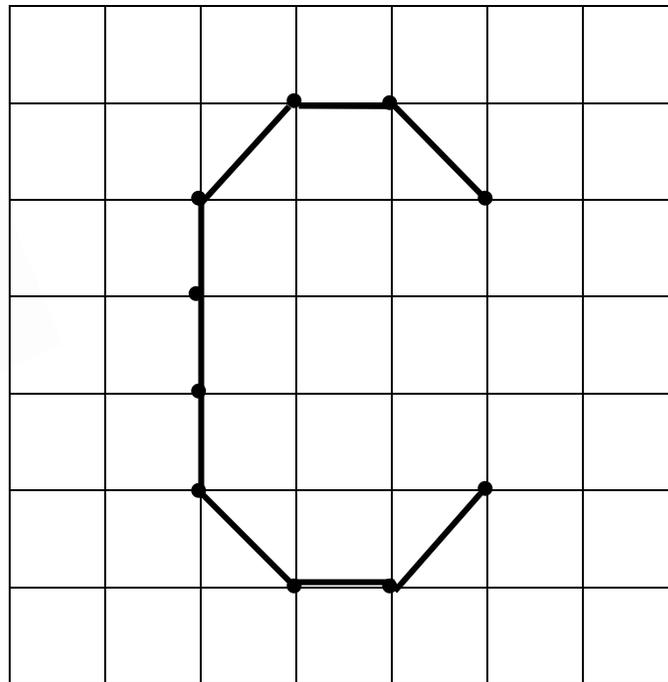
# Fruit & Vegetable Graphing

**Health Concept:** I can eat **3 or more vegetables** and **2 or more fruits every day**.

**Directions:** Using the sets of ordered pairs below, plot and connect the points on the graph. Then answer the questions below.

## Ordered Pairs:

(5,5); (4,6); (3,6); (2,5); (2,4); (2,3); (2,2); (3,1); (4,1); (5,2)



What letter is formed in the graph? C

Think of all the fruits and vegetables that begin with that letter. List them here.

**Cucumber, carrot, cabbage, celery, cantaloupe, cauliflower, etc.**

How many fruits and vegetables have you tried that begin with that letter?

\_\_\_\_\_

# Active Verb Tenses

**Health Concept:** I can be physically active for **60 minutes or more every day**. It is important to be active today and in the future to help your body grow stronger.

A verb in the **present tense** tells what happens **now**.

A verb in the **past tense** tells what has **already happened**.

A verb in the **future tense** tells what **will happen** in the future.

**Directions:** Underline the verb in each sentence. Indicate if the verb is past tense, present tense or future tense in the space provided. Draw a smiley face after sentences that describe a healthy choice. We did the first one for you!

**Challenge:** Can you replace the “unhealthy choice” sentences to describe a healthier choice?

1. Next year Darnell will play soccer for the Titans. Future Tense 😊
2. I pass the basketball to Mike. Present Tense 😊
3. Kelly learned about different stretches for before and after her workouts.  
Past Tense 😊
4. Travis runs five laps around the track every day after school. Present Tense 😊
5. Debbie played video games for ten hours this weekend. Past Tense
6. Carla practiced ballet for six years. Past Tense 😊
7. Hunter hit the baseball into the outfield for a homerun. Past Tense 😊
8. Omar will watch TV for three hours tonight. Future Tense
9. Ana stayed on the couch while her family went on a walk. Past Tense
10. Nicole does 20 jumping jacks and 5 push-ups during a commercial break.  
Present Tense 😊

Finished already?  
Complete this week's bell  
work activity in your  
agenda!

# Choosing Healthy with Decimals

**Health Concept:** I can **eat 5 or more fruits and vegetables and drink less sugary drinks every day**. Be a health advocate for your family by making sure half your plate includes fruits and vegetables. **Choose water or low-fat milk** for your beverage and select **fruit** for a sweet treat to be on your way to a health hero!

**Directions:** Solve the following word problems. Circle the more nutritious food choice in each problem. Remember to show your work.

1. Alejandro eats breakfast 3 times a week for a total of \$32.97. His first breakfast cost \$12.13 and includes whole milk, whole-wheat toast and a pear. His second breakfast costs \$10.00 and includes oatmeal with blueberries and low-fat milk.

How much does the third breakfast cost? \$10.84

What is the average cost of each breakfast? \$10.99

2. Cindy earns \$6.25/hour working in a restaurant. She has to buy her own lunch 3 times a week. Her choices for lunch are 1) grilled turkey sandwich on whole-wheat bread with lettuce and tomatoes, carrots for a snack and a bottle of water for \$6.25 or 2) 6 fried hot wings, french fries and a soda for \$7.50.

If she works 25 hours per week how much will she earn each week? \$156.25

How much will she pay for lunch if she eats choice #1 two times a week and choice #2 one time a week? \$20.00

How much money would Cindy save if she ate choice #1 for all 3 days instead of choice #2 for all 3 days? \$1.25



# Why Choose Water?

**Health Concept:** I can **choose water over sugary drinks** like fruit juice, sweet tea and sports drinks. Read below to discover the many health benefits water has for your body!

**Directions:** Write a conclusion paragraph for the text below.

Your body is made up of about 60% water. It has many important jobs, and it needs water to accomplish them. Water helps to digest food, protect organs and tissues, and rids your body of wastes. It also helps your body's immune system fight off sickness and disease. So, the more water you drink, the healthier you can be!

In order to give your body the water it deserves, you should aim to drink about 8 cups of water every day. However, it is important to drink even more when playing sports, exercising, and when you are sick. If your body does not get enough water, you could become dehydrated. Dehydration occurs when the amount of water leaving the body through sweat, going to the bathroom or vomiting is greater than the amount of water taken in. This can be dangerous to your health.

If you find it difficult to drink 8 cups of water every day, here are some tips to help. First, always carry a water bottle with you so you can drink water on the go. Plus, if you freeze it overnight you can have cold water throughout the day. Next choose water over sugary drinks like soda, sweet tea and sports drinks. Lastly, infuse your water with fruits or vegetables like lemon or cucumber for a refreshing taste.

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# Food Label Fun

**Health Concept:** I can **choose the healthier option**, like **water over sugary drinks**, by comparing food labels. You can find the true nutritional value of a food item on the food label, which is usually found on the back or side of a package.

**Directions:** Use the Nutrition Facts food label below to answer the following questions.

<b>Nutrition Facts</b>			
2 servings per container			
Serving size		1 cup (255g)	
	Per serving	Per container	
Calories	<b>220</b>	<b>440</b>	
	% DV*	% DV*	
<b>Total Fat</b>	5g	6%	10g 13%
Saturated Fat	2g	10%	4g 20%
Trans Fat	0g		0g
<b>Cholesterol</b>	15mg	5%	30mg 10%
<b>Sodium</b>	240mg	10%	480mg 21%
<b>Total Carb.</b>	35g	13%	70g 25%
Dietary Fiber	6g	21%	12g 43%
Total Sugars	7g		14g
Incl. Added Sugars	4g	8%	8g 16%
<b>Protein</b>	9g		18g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. What is the serving size of this food item?  
**1 cup**
2. How many total cups are in the container? **2**
3. How much calcium is in one serving?  
**200mg**
4. How many grams (g) of added sugars are in one serving? **4g**
5. How many grams of protein do two servings contain? **18g**

Why is it important to read food labels?

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# Physical Activity Fractions

**Health Concept:** I can be **physically active for 60 minutes or more every day.**

There is an endless amount of ways to be physically active. Push-ups, playing soccer, running and riding a bike are just a few!

**Directions:** Solve the problems below using multiplication and division of fractions. Show your work and circle your answer.

1. Jerome exercised for 60 minutes today. He spent  $\frac{1}{4}$  of the time lifting weights,  $\frac{1}{4}$  of the time doing squats and the rest of time doing sprints. How much of Jerome's exercise routine consisted of doing sprints?

**$\frac{1}{2}$  of the exercise routine or 30 minutes**



2.  $\frac{1}{3}$  of Mrs. Walker's class and  $\frac{2}{5}$  of Mr. Martinez's class played soccer during recess. If there are 33 students in Mrs. Walker's class and 30 students in Mr. Martinez's class, how many total students played soccer?

**23 students**



3. Every day after school, Gabriella runs  $\frac{3}{4}$  of a mile. How many total miles did she run after 7 days?

**$5\frac{1}{4}$  miles**

4. The park has a trail that is 6 miles long. A relay race team is riding bikes on the trail. Each person rides  $\frac{1}{2}$  a mile. How many people are needed to complete the trail if each person rides only once?

**12 people**





# GO SLOW WHOA Synonyms & Antonyms

**Health Concept:** I can **eat 5 or more fruits and vegetables** every day. Food fuels your body so you can feel and perform your best! **GO foods** are foods you can eat **anytime**. **SLOW foods** are foods you can eat **sometimes**. **WHOA foods** are foods you should eat **only once in a while**.

**Directions:** Read the sentences below. Using the Word Box, write a synonym and an antonym for the underlined words. Draw a circle around the GO foods. Draw a square around the SLOW foods. Draw a triangle around the WHOA foods.

## Word Box

tasty	tired	repaired	opposite
unpleasant	alike	kind	tiny
damaged	enormous	bland	active

1. The two cans of soda had similar designs on them.

Synonym: **alike**      Antonym: **opposite**

2. Alison shares her popcorn with Walter because she is friendly.

Synonym: **kind**      Antonym: **unpleasant**

3. Julian felt energetic after eating whole-wheat oatmeal with a banana.

Synonym: **active**      Antonym: **tired**

4. A birthday party is a fun time to eat a delicious chocolate chip cookie.

Synonym: **tasty**      Antonym: **bland**

5. After my brother fixed the car, we drove to the drive-thru for chicken nuggets.

Synonym: **repaired**      Antonym: **damaged**

6. That strawberry you picked was huge!

Synonym: **enormous**      Antonym: **tiny**

Here's a helpful hint!  
Find a list of GO SLOW  
WHOA foods at the  
beginning of your  
agenda.

# Grow Strong with Word Problems

**Health Concept:** I can be **active 60 minutes or more every day**. This is especially important as our bodies grow and get stronger. Discover new physical activities that improve your **muscular strength, muscular endurance, flexibility** and **cardiovascular endurance**.

**Directions:** Solve the word problems below. Show your work in the box and circle your answer. Then, underline the physical activity in the word problem and circle the area of physical fitness that activity improves: muscular strength, muscular endurance, flexibility and/or cardiovascular endurance.

1. Kendall lifted barbells weighing 120, 156, 140 and 166 pounds last weekend. What was the average weight he lifted? 145.5 pounds

Muscular Strength	Muscular Endurance	
Flexibility		Cardiovascular Endurance

2. Seven 5<sup>th</sup> graders were asked how many miles they could run without stopping. The responses were 2, 4, 8, 4, 10, 4 and 12. What is the average number of miles this group can run? Round to the nearest tenth. 6.3 miles

		
Muscular Strength	Muscular Endurance	Cardiovascular Endurance
Flexibility		Cardiovascular Endurance

2. Jackson scored 20, 10, 13, 7, 10 and 12 points during his last six basketball games. Shondra scored 12, 13, 6, 7, 18 and 5 points during her last six games. What is the average of Jackson's points scored? **12 points**  
 What is the average of Shondra's points scored? **10.2 points**  
 What is their combined average score? Round to the nearest whole number.  
**11 points**

Muscular Strength      Muscular Endurance  
 Flexibility      Cardiovascular Endurance

4. A sample of ten gymnasts were randomly selected and asked, "What were your all-around scores for the last four meets?" The answers were 32, 33, 25, 28, 20, 30, 23, 38, 22 and 33. What was the average score? Round to the nearest whole number. **28**

Muscular Strength      Muscular Endurance  
 Flexibility      Cardiovascular Endurance

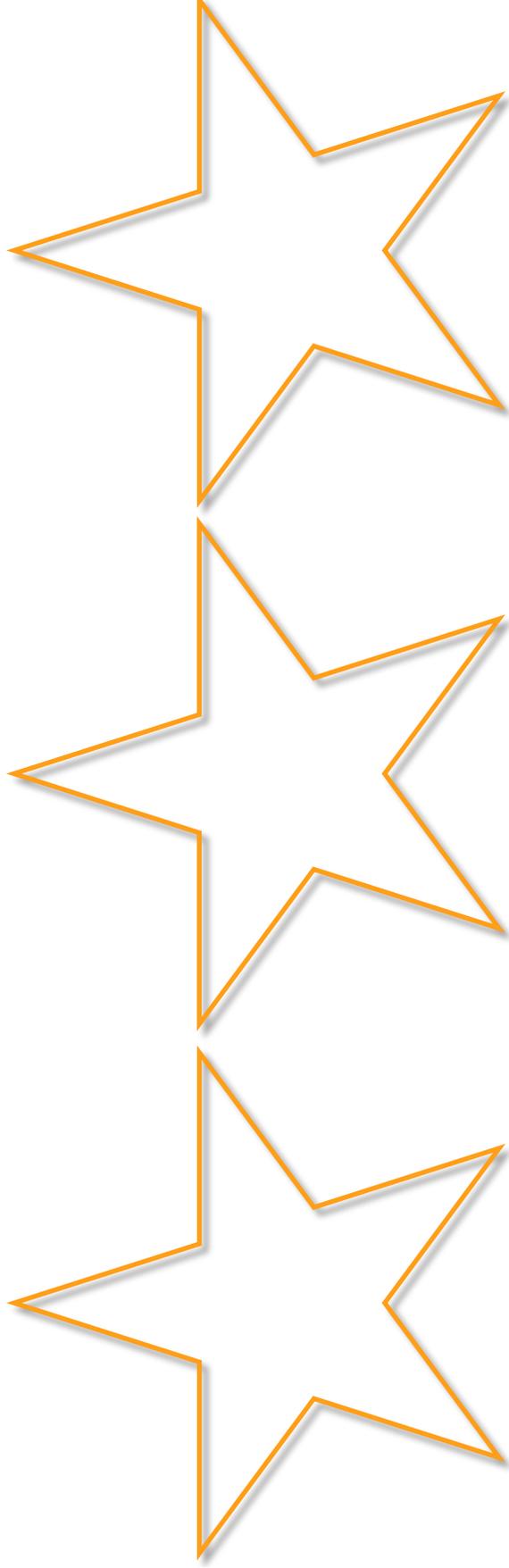
Finished already?  
 Complete this week's Bell  
 Work activity in your  
 agenda!

## My Healthy Bumper Sticker

**Health Concept:** I can eat 5 or more fruits and vegetables, drink more water and be active for 60 minutes every day. It is important to support, encourage and be a **healthy role model** for your family. It's so fun when families can **work together to become strong and healthy!**

**Directions:** Create a bumper sticker that promotes healthy behaviors you want to promote within your family. Describe and illustrate three healthy habits in the stars below.

EAT DRINK MOVE



# My Health-Empowering Reflection

**Health Concept:** I can eat 2 or more fruits, 3 or more vegetables, drink more water and move 60 minutes every day. HealthMPowers knows you have the power to take care of your body. Remember the health behaviors you have learned from your friends at HealthMPowers. We hope you continue your health adventure and **empower others to do the same!**

**Directions:** On the lines provided, describe your action plan to continue your health adventure towards living a healthy lifestyle at home and at school.



## My Health Action Plan

My goals are: \_\_\_\_\_

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To reach my goals, I need to: \_\_\_\_\_

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I know I have reached my goals when I: \_\_\_\_\_

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